

## Dhaka Stress Scale-Adult (DSS-A)

Below are stressful life events which you may have experienced. To the left of each event is the mean stress score. If you experienced that event in the past year, write that number on the blank space to the right. If the event happened more than once, multiply for each occurrence. When you are finished enter your total value at the end of the list.

Mean stress score	Stressful Event Life events	Score
96	Death of spouse	
95	Extramarital relationship of spouse	
95	Divorce	
95	Death of a child	
94	Further marriage of husband	
94	Death of a close family member	
94	Imprisonment or jail sentence of self or a family member	
93	Having no children	
93	Marital discord	
92	Serious illness of child	
91	Death of a close friend	
89	Loss of job or unemployment	
89	Illegitimate pregnancy	
88	Concern about son or daughter study	
87	Marital separation	
87	Threat to personal safety	
87	Extreme job dissatisfaction	
86	Spouse lives abroad for occupation	
86	Serious physical illness of a family members	
85	Dowry	
85	Friction with child	
82	Financial loss	
81	Theft, robbery or mugging	
80	Having large amount of debt	
78	Loss of any major organ or major surgery	
76	Serious physical illness or injury of self	
74	Sexual difficulties	
74	Serious mental illness of a family member	
73	Excessive drug abuse of a family member	
69	Recurrent physical abuse or assault	
69	Broken affair	
69	Extreme workload	
68	Broken engagement	
67	Son or daughter leaving home	
66	Miscarriage	
65	Trouble with superior or boss	
64	Failure to go abroad for employment or study	
62	Pregnancy	
61	Lack of family support	
60	Excessive internet or mobile abuse of a family member	

60	Unwanted pregnancy	
59	Problems with colleague or subordinate	
59	Started menopause	
57	Serious family argument other than spouse	
57	Spouse lives apart within country due to occupation	
57	Minor violation of law or litigation	
55	Discord with neighbor	
53	Retirement	
53	Transfer of job	
52	Change in personal habit (sleeping, eating etc.)	
48	Change of occupation	
47	Lack of recreation	
46	Wife begins or stops work	
46	Outstanding personal achievement	
46	Having only daughters ( 3 or more)	
45	Change in residence	
42	Marriage	
33	Gain a new family member	
<b>Total Score</b>		

**Interpretation:**

Score 150 or less= Mild level of stress

Score 151 to 300= Moderate level of stress

Score 301 or more= Severe level of stress